A Blessing of Solitude

May you recognize in your life the presence,
power, and light of your soul.

May you realize that you are never alone,
that your soul in its brightness and belonging
connects you intimately with the rhythm of the universe.

May you have respect for your own
individuality and difference.

May you realize that the shape of your soul is unique,
that you have a special destiny here,
that behind the façade of your life there is
something beautiful, good, and eternal happening.

May you learn to see your self with the same
delight, pride, and expectation with which God
sees you in every moment.

[*John O'Donohue*]

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